

# Group Activity Therapy as an Effort to Prevent Elderly Frailty in Panti Sosial Tresna Werdha Bengkulu City

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## Abstract

The targets of this community service activity are: community, especially the elderly. The location for the activity was held at the Panti Sosial Tresna Werdha (PSTW) Bengkulu City. PSTW is a residential institution that provides physical, spiritual and social services and care as well as protection for the elderly so that they can enjoy old age like other elderly people. Group activity therapy as an effort to prevent frailty in the elderly has many benefits as one of the most effective interventions to be used in medical therapy for healing a disease that can be applied to the community as therapy, one of which is in the elderly so that the elderly avoid frailty which will affect the elderly. quality of life of the elderly. The hope is that after this activity is carried out can help social workers and health workers who are in PSTW to improve the welfare of the elderly and prevent the occurrence of frailty in the elderly so that their functional health can be maintained and improve the quality of life of the elderly.

**Keywords:** community service, frailty seniors, therapy

## A. Introduction

The increasing life expectancy of the population is one indicator of the success of development, which results in an increase in the number of elderly people continuously increasing from year to year [1]. Elderly is someone who has reached the age of 60 years and over [2]. According to PambudiThe number of elderly people in Indonesia has increased every year along with the increase in life expectancy. In 2020 the number of elderly people in Indonesia is estimated to reach 30 to 40 million people, this makes Indonesia the fourth largest in the world. In 2000, the percentage of the elderly population was 7.18% of the total population of Indonesia. This number increased to 7.56% in 2010 and 7.58% in 2011 of the total population of Indonesia. The increasing number of elderly has an impact on changes in the epidemiological transition, namely the increasing prevalence of degenerative diseases [3]. Data according to the Directorate of Family Health, Ministry of Health, it is known that the population aged 60 years and over is projected to be higher, from 9.0 percent (23.0 million) of the population in 2015 to an increase of 19.9 percent (63.three million) of the population in 2045 (Ministry of Health, 2019). An increase in the number of elderly will result in a lot of health problems, for example an increase in degenerative diseases that can lead to a decrease in the productivity of the elderly.

According to Nugroho, 2012 decreased body function in the elderly which causes the physical condition of the elderly to change from time to time such as a decrease in the number of cells, the respiratory system is disturbed, the hearing system is disturbed, the gastrointestinal system is decreased, the loss of fat tissue and muscle strength in the elderly decreases which can result in daily activity. their lives are disturbed. Besides aging process, the elderly are also prone to frailty syndrome which makes themselves more vulnerable, both to psychological stress and viruses or other health conditions. Frailty is a set of conditions that make the elderly very vulnerable and vulnerable to various health and psychological threats, such as easy to fall, easy to stress, and easy to get sick. Frailty is a condition of elderly people characterized by increased susceptibility to stressors, so that they are easy to experience unexpected events, such as getting sick easily, falling easily and so on.

As we know that in essence the increase in age is unavoidable, both a decrease in physical condition with reduced physical strength which causes individuals to become tired quickly and a decrease in reaction speed which causes their movements to become sluggish. In addition, the incidence of disease, which is usually not only one type but also multiple, causes the elderly to require holistic assistance. One of the reasons that

can reduce the physical condition of the elderly, including changing the condition of the elderly who were originally healthy, happy and independent to the opposite is degenerative diseases which are non-communicable diseases (PTM). One of the problems faced in health development today is the shift in disease patterns from infectious diseases to non-communicable diseases. The elderly are a risk group for PTM [4], because with increasing age physiological fungi decrease due to the aging process. Degenerative problems also reduce the body's resistance so that it is susceptible to non-communicable diseases. The prevalence of PTM in Indonesia in the elderly, especially diabetes and hypertension is the highest among other age groups [5].

PSTW atau Tresna Werda Social Institution is a residential institution that provides physical, spiritual and social services and care as well as protection for the elderly so that they can enjoy old age like other elderly people. Elderly (elderly) is a period in the human life span marked by changes and declines in body functions. A time when a person needs special attention, such as a physical approach (basic needs for clothing, food, shelter), a psychological approach, a social approach, and a spiritual approach. This approach is carried out in the environment where the elderly live, so that the elderly feel comfortable and are expected to improve the quality of life of the elderly. The government's goal to establish PSTW is to provide services to the elderly aged 60 years and over in a neglected state in the form of fulfilling the necessities of life such as clothing, food, and health so that they can enjoy their old age in an atmosphere of physical and spiritual prosperity. One of the roles of PSTW is to provide health services, but with increasing age and the aging process that occurs in the elderly, it causes a decrease in physical strength so that the elderly often experience frailty which is also sometimes accompanied by the emergence of disease.

The program for improving the health of the elderly is currently the focus of attention of the government and the people of Indonesia. An increase in the number of elderly will cause various health problems, such as increasing degenerative diseases that can cause a decrease in the productivity of the elderly. The decrease in productivity in the elderly occurs due to a decrease in function, so that it can cause the elderly to experience a decrease in independence in carrying out daily activities. Low independence in Activity Daily Living (ADL) can also affect the quality of life of the elderly as described on quality of life indicators including physical health, psychological health, social relationships, and the environment. The elderly are prone to experiencing frailty or fragility, resulting in the elderly being more susceptible to infection and experiencing worsening conditions due to this.

Based on the results of a preliminary study at PSTW Bengkulu City, there are several elderly people who are dependent on activity daily living (ADL) and suffer from non-communicable diseases that can have an impact on life both economically and dependent on others so that it can affect the quality of life of the elderly themselves. Therefore, it is necessary to monitor the health and physical activity of the elderly as an effort to prevent Frailty in the elderly. One of the nursing interventions for frailty prevention is group activity therapy (TAK). Group therapy is needed by the elderly to reduce the occurrence of frailty syndrome. And based on the results of research at the Tresna Werda Sultan Demak Social Home, there is an effect of group activity therapy on the development of sensory stimulation in the elderly [6]. Group activity therapy in the elderly is used to reduce anxiety or depression. For example, if we invite our elderly to play, sing or listen to music and share ideas and mention various activities to people with depression, they can enjoy or can feel mood swings, in their daily life [7].

This condition certainly needs attention, because the health resources and care givers in PSTW are still unable to provide optimal health services for the elderly in PSTW. Therefore, appropriate interventions are needed for the elderly to prevent frailty experienced by providing positive, fun and socializing activities so that the elderly can interact with other elderly friends by doing Group Activity Therapy. Group activity therapy is one of the therapies that nurses do to a group of clients who have the same nursing problem. Activities carried out as therapy and used as targets of care. As therapy progresses, the dynamics of interactions often depend, need each other and become a place for clients to practice adaptive new behaviors to improve old maladaptive behaviors and so that the elderly are able to interact better with other elderly so that the elderly become healthier both physically and psychologically. Therefore group activity therapy is one technique to prevent the occurrence of frailty syndrome in the elderly.

## B. Methods

This service activity carried out in February - March 2022 at the Tresna Werda Social Panti (PSTW) Bengkulu City with the method carried out in the following form:

1. This activity begins with monitoring the health of the elderly by checking the elderly's Blood Pressure (TD), and the next stage is checking blood sugar in the elderly.

2. The next activity is the implementation of group activity therapy which consists of group dynamics activities, expression of feelings, music therapy and singing.
3. The next step is to evaluate each elderly about the feelings experienced by participating in group activity therapy. Evaluation was carried out through health monitoring and subjective evaluation after participating in group activity therapy.

### C. Results and Discussion

The results of the implementation of community service activities regarding Group Activity Therapy as an Effort to Prevent Elderly Frailty at the Tresna Werdha Pagar Dewa Social Home Bengkulu City are broadly described as follows: the initial stage of community service activities is to make contact with the Tresna Werdha Pagar Dewa Bengkulu Social Institution in the framework of implementing appropriate intervention activities for the elderly and preventing the occurrence of frailty in the elderly so that they continue to carry out their functions and improve the quality of life of the elderly in PSTW Bengkulu City. The result of this stage is that the head of the PSTW and staff are ready to accept the community service team of the D3 Nursing Study Program, Faculty of Mathematics and Natural Sciences, Bengkulu University.

Schedule of implementation of Group Activity Therapy intervention as an Effort to Prevent Elderly Frailty at Tresna Werdha Pagar Dewa Social Home, Bengkulu City is January – June 2022 by the PkM team with the method of health checks and group activity therapy. The implementation of group activity therapy is carried out in two stages. The first stage was held in the second week of March 2022 in the Pagar Dewa PSTW hall which was attended by 38 elderly people. The implementation of this first stage of group activity therapy, carried out group activity therapy in the form of sensory therapy, where the elderly were divided into 7 groups. Each group of elderly is accompanied by 3 facilitators who help the elderly in the implementation of this therapy. The elderly are given simple orders by the therapy leader, such as the movement of brushing teeth, combing hair and other functional activities that the elderly are familiar with. This command is then conveyed sequentially to the other elderly in the group, then the elderly who sits in the front convey the results orally. This therapy aims to stimulate the elderly to maintain cognitive function to prevent dementia, sensory perception to stimulate sensing. At the end of each session for the elderly, music is played as a form of therapy to increase or stimulate the hormone of happiness (endorphine). In addition, the purpose of this therapy is to maintain the ability of the elderly to socialize with other elderly people.

Group activity therapy was carried out in the third week of March 2022 in small groups in their respective guesthouses. Group activity therapy carried out in this session is in the form of therapy to increase the ability of the elderly to express their feelings in the form of sadness, disappointment, happiness, hope, and others. The purpose of this therapy is to change the behavior of the elderly from maladaptive to adaptive behavior. This means that the elderly who are used to being alone, are not sensitive to the environment, feel alienated, become elderly who accept their condition and become happy elderly so that their psychosocial needs are met.

*Frailty is a geriatric syndrome multidimensionality characterized by a decline in cognitive and physical function that leads to vulnerability. This condition makes them weaker and more fragile, making them more susceptible to illness, falls, or other harm. Fragile syndrome makes sufferers walk more slowly, get tired easily, and even have difficulty getting up from sitting. Elderly with frailty syndrome are also prone to loss of muscle mass (sarcopenia).*

The elderly are said to have frailty syndrome if they have three of the following five criteria: 1. Weight loss of up to 5% of last year's body weight. This condition is at risk of making them malnourished in the elderly; 2. Easily tired, even if only doing light activities; 3. Decreased ability and strength to grip the hand (hand grip); 4. Walk slower and slower; 5. Decreased physical activity so that more sitting, silent, and inactive. Based on these criteria, if there are one or two of the above criteria, the elderly are categorized as pre-frailty. Of course this needs to be followed up for further handling.

In addition to the 5 criteria for frailty above, the elderly who experience this fragility syndrome also show several symptoms, like: extreme fatigue, unexpected weight loss, frequent illness or infection, The elderly often fall, reduced physical activity, Delirium, Decreased cognitive function in the elderly. The elderly have difficulty eating (lost appetite), Difficulty performing daily activities, such as wearing clothes, loss of independence,

Early detection of frailty syndrome is an important part of managementlike frailty. The method that can be applied is the clinical global impression measure for frailty, namely the assessment of the intrinsic domain and seven other domains. The intrinsic domains are mobility, balance, strength, endurance, nutrition, and neuromotor performance and the other seven domains are medical problems, access to health facilities, appearance, personal health assessment, functional status, emotional state, and social status. The assessment has actually been routinely carried out as part of the Plenary Assessment of Geriatric Patients (P3G) / Comprehensive Geriatric Assessment (CGA).

Prevention of frailty is a major goal in the management of geriatric patients. Some of the interventions that have been shown to prevent fragility are:

1. Adequate diet with adequate amounts of protein, vitamins and minerals.
2. Routine physical exercise that is done independently or in groups.
3. Regular observation of the individual's basic abilities such as walking, balance and cognitive function.
4. Prevention of infection with flu, pneumococcal and herpes zoster vaccines.
5. Anticipate acute stressful situations such as elective surgery.
6. Rapid recovery after events that cause metabolic stress through renutrition and physiotherapy.

In addition to routine health checks, group activity therapy activities are one way to prevent elderly frailty. Physical activity is one way to prevent frailty in the elderly, this activity is not only attended by the elderly but also accompanied by social care workers, Tresna Werdha. Elderly with these limitations the implementation of group activity therapy is carried out in the guesthouses where the elderly live.

TherapyGroup activity is one of the modalities of therapy that nurses do to a group of clients who experience the same nursing problem. Activities are used as therapy and groups are used as care targets. In the group, there is a dynamic of interdependent interactions, mutual need, and becomes a laboratory where clients practice new adaptive behaviors to improve maladaptive old behaviors (Kelial, 2014). There are several goals obtained from group activity therapy, including: developing perceptual stimulation, developing reality orientation, developing sensory stimulation and developing socialization.

#### **D. Conclusion**

Community service activitiesuseful for preventing Frailty in the elderly with group activity therapy interventions. It is well known that age-related changes in several physiological systems are the basis for the development of frailty, especially the neuromuscular, neuroendocrine and immunological systems. These changes interact cumulatively and detrimentally, resulting in decreased physiological function and reserves. When the cumulative threshold is reached, the individual's ability to resist mild stress and maintain physiological homeostasis is compromised. Therefore, early detection of frailty syndrome is needed which is an important part of frailty management, namely by conducting group activity therapy in the form of sensory therapy, music therapy and socialization therapy which are frailty prevention interventions in the elderly.has many benefits as one of the most effective interventions to be used in medical therapy for healing a disease can be applied to the community as therapy, one of which is in the elderly.so that the elderly are protected from frailty which will affect the quality of life of the elderly.

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